

quality. It must be stated, however, that a really good chayote, - that is, one which is not watery and which has a mealy consistency and good flavor, - is relatively rare.

"The preparation of the chayote for the table, as commonly practiced in Guatemala, is not calculated to bring out the flavor of the fruit nor to make it attractive to the European palate. The Indians commonly consume the fruit without other preparation than boiling. Salt may be added as seasoning (the Guatemalan Indians consume immense quantities of common salt), but other seasoning is rarely added. The fruit is boiled, and then it is peeled with the fingers and eaten. Sometimes it is thrown into a meat stew, after being cut in small pieces. In any event, the Indians serve it in the most primitive manner imaginable, and indeed it may be said that the refinements of chayote preparation are rarely practiced by any one in Guatemala. Among higher class Guatemalans, however, there are a few modes of serving which increase the palatability of the chayote and indeed make it a good dish. The best of these methods is probably the following, which I take from a well-known Antigua housewife:

Guisquiles Rellenos.

"The chayotes are cut in half and boiled. The flesh is then removed from the skins carefully, and mixed with eggs, bread crumbs, butter, raisins, almonds, cinnamon, sugar, and wine; after being thoroughly mixed, the stuffing is replaced in the skins and bread crumbs are sprinkled over the top; a little salt is added and they are placed in the oven for a short time. This dish, when well prepared, is exceedingly rich and delicious, yet it does not partake strongly of the character of the chayote."

"Below are given two recipes furnished by Mrs. W. C. Townsend, of Antigua:

Guisquil de papa.

"Boil the chayotes thoroughly, then peel them. Season with butter, salt, and pepper, and serve. This method of serving is applicable to other varieties as well."

Guisquil de papa, au gratin.

"Boil the chayotes thoroughly, then peel them. Heat a skillet very hot, and put in it some butter and a little salt and pepper. Put in the chayotes and let them brown a bit, then add some bread crumbs and stir for a few minutes. Remove from the fire and serve."